



SHELL EGGS

Date: April 2009

Code: A812

PRODUCT DESCRIPTION

- Shell eggs are fresh and may be U. S. Grade AA or A Large or Medium Eggs.

PACK/YIELD

- 1 dozen eggs are packed in 1 carton.

STORAGE

- Refrigerate fresh eggs at a temperature of 40 degrees F or cooler.
- Keep eggs refrigerated at all times.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Keep eggs refrigerated until ready to use.
- Cook thoroughly to ensure that eggs are safe to eat; cook until yolks and whites are firm and no longer runny.
- Cook foods containing eggs, such as quiche or casseroles, thoroughly to 160 degrees F. Use a food thermometer to be sure.

USES AND TIPS

- Eggs can be used in many recipes including cakes, muffins, cookies, casseroles, custards, puddings, omelets, and scrambled eggs.
- Mix beaten eggs with chopped peppers, tomato, and onion to add flavor.
- Roll scrambled eggs, cheese, and salsa in a tortilla for an easy on-the-go breakfast.

NUTRITION INFORMATION

- 1 shell egg counts as 1 ounce in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group of MyPyramid. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.

FOOD SAFETY INFORMATION

- Serve eggs and foods containing eggs immediately after cooking.
- Refrigerate leftover cooked egg dishes and use within 3 to 4 days.
- Refrigerate hard cooked eggs and use within 1 week after cooking.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1 large, raw egg (50g)

Amount Per Serving

Calories 70 **Calories from Fat** 45

% Daily Value*

Total Fat 5g		8%
Saturated Fat 1.5g		8%
<i>Trans</i> Fat 0g		
Cholesterol 210mg		71%
Sodium 70mg		3%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 6g		
Vitamin A 4%	Vitamin C	0%
Calcium 2%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet.

SALMON PATTIES

MAKES ABOUT 9 SERVINGS

Ingredients

- 2 large eggs, lightly beaten
- 1 can (about 15 ounces) salmon, drained
- 1 cup whole wheat cereal or crackers, crushed
- ½ cup 1% fat milk
- ⅛ teaspoon black pepper
- 1 tablespoon vegetable oil

Directions

1. In a medium bowl, use a fork to crumble salmon into very small pieces.
2. With fingers, crush cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly and shape into 9 patties.
5. Heat vegetable oil in a skillet.
6. Over medium heat, carefully brown salmon patties on both sides until thoroughly cooked, about 4 minutes per side

Tip

Try using tuna instead of (or mixed with) salmon.

Nutrition Information for 1 serving (1 patty) of Salmon Patties							
Calories	130	Cholesterol	70 mg	Sugar	1 g	Vitamin C	0 mg
Calories from Fat	60	Sodium	300 mg	Protein	13 g	Calcium	146 mg
Total Fat	7 g	Total Carbohydrate	4 g	Vitamin A	32 RAE	Iron	1 mg
Saturated Fat	1.5 g	Dietary Fiber	0 g				

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

BREAKFAST BURRITOS WITH SALSA

MAKES ABOUT 4 SERVINGS

Ingredients

- 4 large eggs
- 2 tablespoons canned corn, drained (or 2 tablespoons frozen corn)
- 1 tablespoon 1% fat milk
- 2 tablespoons green peppers, diced
- ¼ cup onions, chopped
- 1 teaspoon mustard
- ¼ teaspoon garlic powder
- Nonstick cooking spray
- 4 flour tortillas (large size)
- ¼ cup salsa

Directions

1. In a large mixing bowl, blend eggs, corn, milk, green peppers, onions, mustard, and garlic for 1 minute with a fork until eggs are smooth.
2. Heat a skillet over medium heat. Coat with nonstick cooking spray.
3. Cook egg mixture, stirring from time to time, until eggs are firm and cooked through.
4. Wrap tortillas in a paper towel and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas since they may be hot. Tortillas can also be placed in a skillet over low heat for 20-30 seconds or until warmed.
5. Spoon cooked eggs evenly into the tortillas.
6. Serve each burrito topped with 2 tablespoons of salsa.

Nutrition Information for 1 serving (1 burrito) of Breakfast Burritos with Salsa							
Calories	260	Cholesterol	210 mg	Sugar	1 g	Vitamin C	8 mg
Calories from Fat	80	Sodium	400 mg	Protein	12 g	Calcium	85 mg
Total Fat	9 g	Total Carbohydrate	33 g	Vitamin A	73 RAE	Iron	3 mg
Saturated Fat	2 g	Dietary Fiber	2 g				

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.